

# HEARTS APART SEPTEMBER HIGHLIGHTS



## Hearts Apart Support Group **Breakfast Buffet** 9 to 10 a.m. 17 September at the Chapel I annex

Open to family members affected by deployment, extended TDY, or remote duty assignment of the military member.

Join us for food, fun, and activities for children of all ages. Activities include a fall craft for your home.

Reservations are due by 12 Sept to ensure sufficient menu items and activity supplies for all.

Call the Family Support Center at 754-2896 or toll-free 1-866-340-1685 to make your reservation today.

Sponsored by Friends of Family Support\*.

Take the first step in making your dream of owning a home a reality - attend the

**Home Buying Seminar,**  
5:30 to 7 p.m. 29 Sept,  
at the Family Support Center  
3011 Tuskegee Airmen Avenue

Discussion topics include

- ♦ the advantages of buying
- ♦ determining credit status
- ♦ determining how much house you can afford
- ♦ shopping for the right home
- ♦ mortgage options
- ♦ building a new home
- ♦ negotiating an offer
- ♦ closing on your home



Advance registration is required, call 754-3154 or visit <http://public.mcguire.amc.af.mil/fsc/calendar>.



## ARE YOU LIVING PAYCHECK TO PAYCHECK OR WANT IT TO GO FURTHER?

The Family Support Center is the place to go to learn how to take control of your money and let it work for you. From maintaining your checkbook, to saving for something you have always wanted, to planning for your retirement years, your Community Readiness Consultant/Technician is prepared to assist with:

- ★ preparing a personalized savings plan
- ★ checkbook maintenance
- ★ credit management
- ★ basic investment information
- ★ debt liquidation

Personalized, basic financial education assistance and seminars are offered throughout the year.

For more information and upcoming seminar dates, call 754-3154, toll-free 1-866-340-1685, or visit <http://public.mcguire.amc.af.mil/fsc>.

## Take advantage of **FREE** resources at the Health and Wellness Center (HAWC)!

- ☞ **Fitness 101:** Fitness Rx, injury prevention, choosing the right exercise for you
- ☞ **Weight Loss:** basic nutrition and weight loss, calorie counting, food diaries
- ☞ **Tobacco Cessation:** how to quit, tools to help you quit, and support to stay tobacco free
- ☞ **Diabetes Nutrition:** healthy heart foods, review of lipid panel/glucose levels
- ☞ **LEARN:** intense 10 week program for dedicated individuals serious about long term weight loss
- ☞ **Healthy Heart Class** (cholesterol and/or high blood pressure)
- ☞ **Body Composition Improvement Program**

These services and more are available for all military ID card holders to include members of all service branches, retirees, and family members.

Visit the HAWC at 2504 E. Second Street (in the new Fitness Center) weekdays 7:30a.m. to 4:30 p.m. or call 609-754-2462 for more information.

\*FOFS - "Friends of Family Support" is a non-profit organization that supports the armed forces and their families at McGuire Air Force Base and the local military community through Family Support Center services and activities which are not funded by government resources, such as all Hearts Apart activities.